

# Stephanie's Simple Pasta Sauces

Note: EVOO = (Australian) Extra Virgin Olive Oil.  
You just need enough to give your pasta a fine coat; the dish shouldn't be dripping with oil.



Photo by Carrum Primary School.

## Raw sauces:

- Pesto (try basil and pine nut pesto in summer, rocket and walnut pesto in winter)
- Chopped raw tomato mixed with torn basil, salt, pepper and mixed with EVOO (needs to sit in a bowl for 5–15 minutes before spooning onto hot pasta)
- Chopped garlic, parsley and grated parmesan and EVOO
- Chopped olives, capers, parsley with chopped tomato and EVOO

## Seafood sauces:

- Steamed mussels, parsley, chopped tomato and EVOO
- Steamed clams (pipis), parsley, chopped tomato and EVOO
- Crushed anchovies with parsley, chopped tomato and mascarpone
- Sautéed sardines tossed with cooked chopped fennel, pine nuts and currants
- Prawns sautéed with basil leaves and chilli and chilli oil

## Cooked sauces:

- Hot cream, butter, lemon zest, pepper and parmesan
- Nut-brown butter and crisped sage leaves
- Chopped pancetta or bacon crisped with pine nuts, garlic, parsley and EVOO
- Chopped sautéed greens (silverbeet, beet leaves, rapini) with garlic, anchovies and EVOO
- Sautéed grated zucchini, lemon zest, toasted breadcrumbs, garlic and EVOO
- Bolognese sauce
- Cooked tomatoes, garlic, red onion and EVOO
- Eggplant chopped into 2 cm cubes, fried gently until really soft, scooped into a bowl and tossed with plenty of parsley, plus a finely chopped clove of garlic and EVOO
- Roasted sweet peppers, skinned and torn into strips, mixed with EVOO